

Hubungan antara coping dan simtom depresi pada individu yang sedang menjalani rehabilitasi medik = The relationship between coping and depressive symptoms in individuals who are undergoing medical rehabilitation

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Abstrak

Penelitian ini bertujuan untuk melihat hubungan antara coping dan simtom depresi pada individu yang sedang menjalani rehabilitasi medik. Sebanyak 50 partisipan diminta untuk melengkapi kuesioner coping (Brief COPE) dan simtom depresi (Beck Depression Inventory). Pada penelitian ini gambaran coping partisipan tergolong sedang dan simtom depresi mereka tergolong rendah. Pada penelitian ini tidak ditemukan hubungan yang signifikan antara coping dan simtom depresi ($r = -0.223$, $p > 0.05$). Meski demikian ditemukan hubungan yang negatif dan signifikan antara use of instrumental support (subscale emotion focused coping) dengan simtom depresi ($r = -.304$, $p < 0.05$).

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This research examined the relationship between coping and depressive symptoms in individuals who are undergoing medical rehabilitation. A total of 50 participants were asked to fill out questionnaires on coping (Brief COPE) and depressive symptoms (BDI). In this research, participants were found to have moderate coping effectivity and low depressive symptoms. The results indicated an insignificant relationship between coping and depressive symptoms ($r = -0.223$, $p > 0.05$). Although the results also indicate that there is a negative and significant relationship between the use of instrumental support (emotion focused coping subscale) and depressive symptoms ($r = -.304$, $P < 0.05$).